

THE CAMPFIRE GOURMET'S GUIDE
to
BACKPACKING FOODS
from the
SUPERMARKET



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Objectives

- Plan nutritionally balanced meals for backpacking trips
- Where to find, how to recognize items suitable for backpacking
- How to package and organize your meals
- Be able to convert recipes and make them taste good
- Preparing foods before you go
- Recognize/Use various cooking techniques for backpacking
- Assemble and package a whole meal

Display Area

Resources and Course Handout
Equipment – cook kit, spice kit, bakepacker, dehydrator
Foods – prepackaged, grocery, homemade
Containers – bags, bottles, etc.
Utensils – cooking and eating

Menu:

Appetizer: Black Bean Enchiladas
Breakfast: Omelettes, Blueberry Muffins
Snacks: Jerky, Dried pineapple, GORP
Lunch: Hudson Bay Break, Snackables, Trail Pie
Dinner Pea Soup & Dumplings, Pasta & ???, Chocolate Cake,

Supplies:

Sharpies, black and red
Easel, pad, whiteboard, markers
Tongue depressors
6" plates
paper towels and trash bags
stoves – 2 propane w. stands, 1 backpacking demo w. empty fuel
ziploc bags – gal, qt, pt
water bottles
cooking pots and utensils
bakepacker

Nutritional Meal Planning

Backpacking requires specialized gear – lightweight, versatile, durable and easy to set up after a day spent traveling under ones own power.

The goal in meal planning is choosing foods that provide sufficient fuel (calories) for the activity, in the least amount of weight, while maintaining balanced and tasty meals.

Easy cleanup is a bonus to the careful planner.

Energy from food is measured in calories. You should plan on 3,000 to 4,000 calories per day for the first three days of a summer trip and an increase of 500 to 1,000 calories per day for trips of more than 3 days duration. Cold weather may demand a still higher caloric intake. Younger members (teenagers) of a crew may well require 25% more food than adults.

Proteins: (4cal/gm, 30% of daily calories) Essential to maintain muscle and body chemistry.

Examples: Meats – fresh, dried, canned
Dairy - milk, eggs, cheese
Nuts, beans, legumes

Carbohydrates: (4cal/gm, 50% of daily calories) are foods for fast energy, typically used within 2 hours of consumption. Intake should be spread throughout the day to sustain energy levels.

Examples: Cereals, grains, breads (baking mixes)
Noodles, macaroni, rice
Fruit – fresh, dried, juice
Candy

Fats: (9cal/gm, 20% of daily calories) supply the most calories per weight but burn slowly, typically 6 to 8 hours. Fat are important at dinner (deserts) to keep us warm at night.

Examples: bacon, oil, margarine, butter
Most nuts contain a large measure of oil

The ratio of proteins, carbohydrates, and fats will vary according to the activity and the season. More Fat for cold weather and high altitude activities, especially at night to provide higher body temperature during the cold hours. Less Fat in hot weather, balance with more protein. High activity will always need to be supported by the inclusion of the requisite amount of carbohydrates throughout the day.

Meals as Fuel

You're going backpacking and want to make sure your scouts are getting enough fuel (3000-4000cal/day). How to be sure? The following shows how to find fuel value for the Cheese/Mushroom Omelette found in this book

The first column below lists the ingredients with their amounts (g). The next columns show how much fat, Carbo and Protein is in each ingredient. Where did these come from? Listings on the side of food packages. The one below is from a box of a dozen eggs. It shows that 1 serving (1 egg) has 4.5g fat, 1g CHO and 6g protein. Since we're using 1½ eggs/omelette, these must be multiplied for our larger serving size. The data are repeated for each ingredient. The columns are added to find a total of 34g fat, 1g CHO, and 18g protein in the omelette. The energy from these amounts follows from multiplying the fat weight by 9 cal/g, CHO by 4 cal/g, protein by 4 cal/g. The omelette thus gives 382 cal of fuel to each scout.. Using division, we see the omelette is 80% fat (306/382). While very high, it should be OK if balanced with lots of grains (high in CHO).

Cheese & Mushroom Omelette

Ingredients	Fat (g)	CHO (g)	Protein (g)	
Eggs (1½)	8	0	10	
Butter (½ Tbsp)	18	0	.2	
Mushrooms (¼ C)	0	1	.5	
Cheese (1/8 C)	8	0	7	
Dried Onion	0	0	0	
Total g	34	1	18	
Energy (cal)	306	4	72	382 cal
% of Total (382)	80%	1%	19%	

Nutrition Facts	
Serving Size 1 egg (50g)	
Serving per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Polyunsaturated Fat .5g	
Monounsaturated Fat 2.0g	
Cholesterol 215mg	71%
Sodium 65mg	3%
Potassium 80mg	2%
Total Carbohydrate 1g	0%
Protein 6g	10%

Menu Hints

Foods that are appropriate for backpacking are available from Scout Shops, specialty camping stores, by mail order from several freeze dried food companies or from your neighborhood grocery store and/or health food store. There are many items available in the grocery store that can provide you and your fellow campers with many good eating experiences. Below are a few helpful hints to assist you in putting your menu together.

Breakfast: - warm, fast and easy to clean up.

Get enough to keep you going, not so much to slow you down:

- Instant oatmeal/cream of wheat/grits flavored or make your own-add brown sugar, nuts and/or raisins, and powdered milk.
- Pancakes – use mix, add instant dry milk and powdered eggs or egg substitute (Egg Replacer, FeatherLight, or Egg Magic)
- Eggs – powdered, substitute or fresh (carry in flour, or baby bottles)
- Stewed dried fruit (raisins, apples, cherries, apricots, prunes)
- Bagles, sweet rolls or the like are great early in the trip
- Tang, hot tea, cocoa, instant coffee

Snacks: - each person carries their own daily snacks.

- GORP – good old raisins and peanuts. You make the mix; a cup a day is more than adequate.
- Dried fruit, fruit roll ups or leather and nuts
- Jerky, hard salami, cheese sticks
- Hard candy, Hudson Bay Bread, cookies

Lunch: - keep it easy; perhaps a series of small snacks that can be eaten on the trail with little or no cleanup.

- Sandwiches – peanut butter and jelly, spreadables, deviled ham, chicken, beef, tuna, sardines, hard salami
- Crackers, rye crisp, pita, Kalvi flat bread, various krisp breads, imported & domestic breads, energy breads (Hudson Bay Bread).
- Cup of soup, ramen, bouillon cubes, etc.
- Cheese – processed, hard, sticks, squeeze tubes.
- Dried fruit – apples, apricots, raisins, pears, pineapple, fruit roll ups and fruit leather. Fresh fruit or veggies are ok for day 1 and 2.
- Jerky, salami, land jaegers
- Kool Aid, instant tea (presweetened), sugarless drinks are much lighter than sugared drinks and less bulky.

Dinner – is your chance to spend time cooking. A good hot meal will warm you and give you a good night's sleep and energy for next day's activities.

- Many hikers start with a warm cup of soup or other hot beverage.
- There are many dried macaroni, rice or noodle dinners, and soup mixes available that can be extended with dried or canned meats.
- Vegetables – dehydrated and freeze dried are available. Corn, green beans, and peas are the best.
- A good dessert can be a great end to a meal and an evening and serves to put extra calories into the diet for energy.

Organize meals either by the day or by the type (all lunches in one bag).

- Each meal should be in one large bag labeled and have the instructions as well as the menu on it.
- Squeeze as much air out of the bag as possible.
- Use left over large bags for trash
- Under no circumstances should you attempt to burn the plastic or aluminum items your food is packaged in. **PACK IT OUT.**

Package or repackage all ingredients at home to cut down on weight and bulk. Measure and mix all dry ingredients at home prior to packaging. Suitable containers for packaging food for backpacking trips may be found in a variety of places, such as:

- Ziplock brand bags – pint, quart and gallon sizes are great – if you plan properly, many dishes can be prepared right in the bag. Do not try to save money buying generic or bargain priced bags. Freezer weight bags are best.
- Write cooking directions on the outside of the bag with an indelible marker, such as a Sharpie
- 35 mm film canisters may be used for spices or oil
- Plastic squeeze tubes (refillable) are available at camping stores (Academy). Good for peanut butter, margarine, jam.
- Egg carriers
- Various sizes Nalgene bottles, good for liquids, instant coffee or milk.
- Reuse plastic peanut butter jars and tops, honey bottles, jam or mustard squeeze bottles, plastic spice bottles, baby bottles.
- Kool Whip and whipped margarine containers, Le Menu plates,
- Mix all dry ingredients together where possible.
- Eliminate as much bulk packaging and aluminum foil as possible

Your Food Repair Kit for Backpacking/Canoeing

Put the following in separate 35 mm film containers, mark the top with an indelible marker or put a label on the container with tape. Special shaker tops can be acquired at specialty camping stores. Store these items in a suitable sized bag and mark SPICES. The small amount of effort and weight will transform many a drab entrée into a Campfire Gourmet's Delight.

Allspice	Egg Replacer	Sanalac Instant Milk
Basil	Lemon peel, dried	Thyme
Bay Leaf	Maple sugar powder	Garlic powder
Black Pepper	Nutmeg	Jalapeno powder
Cayenne Pepper	Olive Oil	Lantana
Cinnamon	Orange peel, dried	Vegalene
Crushed Red Pepper	Oregano	Wine vinegar
Curry Powder	Sage	White Pepper
Dried Onions	Salt	
	Worcestershire powder	

I carry a pair of small whisks, a very small rubber spatula, a short wooden spatula, a pot gripper, one half Scrubby Pad, a 1 oz. Bottle of dishwashing detergent, and a small bottle of vegalene in my spice bag, so they are handy when cooking and for clean-up.

The Campfire Gourmet's Super Spatula

Buy a small wooden spatula; shorten handle, round end and bevel for pot corners. Grind or cut a pot hook. Narrow the blade a bit and bevel to a sharp edge. Be sure to brand you're initials.

Breads & Breakfast

Make Your Own Ditty Bags

Ditty bags are a great way to organize your pack. Bags in different sizes and colors will keep your cooking gear, clothing, 'smellables' and small items neat and easy to recognize. They are easy to make. You can use mosquito netting or lightweight nylon. Ripstop nylon is available in fabric stores (Hancock Fabrics, ClothWorld, etc.). It comes in many colors and one yard will make several bags.

1. Decide how deep and wide you want the finished bag to be, add 2" to the length to allow for the draw string channel and 1" to the sides for seams, then cut a piece of fabric that's double the finished length.
 Example: For a 12'x10' finished bag cut a piece 26"x11"
2. Fold the fabric in half – right sides together as in Fig. 1
3. Sew one side from the folded bottom to the top, allowing a 1" seam, as in Fig. 2.
4. Sew the other side from folded bottom to within 2" from the top, allowing for ½" seam, as in Fig. 2
5. Fold top down 1" to form a drawstring channel and sew as in Fig. 3
6. Turn right side out, and run a nylon cord through the drawstring channel. Fasten the cord with a mini cord lock for easy opening and closing (available at camping supply stores (Academy).

*** Blueberry Muffins ***

1 pkg. Jiffy Blueberry Muffin Mix 1 egg 2 Tbsp. Water
 Mix ingredients in cooking bag, bake in BakePacker for 20 minutes, let rest 5 minutes.

*** Biscuits ***

1 ½ cups Pioneer Baking Mix, 2 Tbsp. Sanalac instant dry milk
 ½ cup water
 Combine baking mix and dry milk in ziploc bag. Add most of the water and knead in the bag to form a pliable dough. Add a little more water as needed. Put several small rocks in a pot large enough to hold a small metal plate. Drop biscuits on the plate, put the plate on top of the rocks and cover the pot. Bake until done. These biscuits will not brown well but will bake. Take care not to burn the bottom of your pan.

Bannock *

1 pkg Pioneer Biscuit mix 2/3 cup water or milk
 1-2 Tbsp. oil or 1 tsp. vegalene or 2 Tbsp. margarine
 Add water to mix in a ziplock bag, knead to a stiff dough. Heat ½ oil (vegalene) in skillet. Add dough and cook over low heat till set, turn, cook till browned.

Brigitte's Apple Coffee Cake

1 egg ½ cup sugar
 2 Tbsp. Sanalac dry milk 2/3 cup water
 raisins nuts cinnamon to taste
 1 Tbsp. Butter 1 cup Pioneer Baking Mix 1 medium apple, chopped
 At home mix dry ingredients in a cooking bag. In camp add other ingredients and mix. Bake in BakePacker/pot oven for 25 minutes and let rest 5 minutes.

*** Coffee Cake ***

2 cups Pioneer Baking Mix 1 ½ tsp. cinnamon
 ½ tsp. Nutmeg ¾ cup raisins
 ¼ to ½ tsp. Dried lemon peel ¼ cup sugar
 1/3 cup Sanalac Dry milk margarine as needed
 ½ cup powdered sugar 1 Tbsp. Sanalac dry milk
 Combine all ingredients except powdered sugar and margarine in a large ziplock bag. Put powdered sugar and 1 Tbsp. dry milk in a small ziploc bag and seal. Label 'icing'. In camp add 1 cup water to the large bag and mix thoroughly by kneading. Cook in a greased pan over medium heat as you would bannock. While bread is cooking add 1-3 tsp. Cool water to the small bag and mix icing to be spread over the coffeecake when done.- 9 -

*** Fruit and Carrot Breakfast Bread ***

2 cups Pioneer pancake mix ¼ pkg. dried scrambled egg mix
2 tsp. cinnamon 2 cups shredded carrots
½ cup raisins ½ cup oil or margarine
¼ cup dried apples, chopped 1 tsp. Vanilla ½ cup coconut, shredded
½ cup almonds, chopped ½ cup honey ¾ cup water

At home: mix pancake mix, cinnamon, raisins, apple, almonds, coconut and scrambled egg mix in a gallon ziploc bag. Add sugar if using it instead of honey. Peel and shred carrots and pack in ziploc bag. If using oil and honey, pre-measure into a 1 pint plastic bottle with the vanilla. At Camp: If using margarine melt it in a small container made of aluminum foil. Add oil, honey, carrots and water to the dry mix and mix well. If there is liquid with the carrots add it to the dry mix too. Put plastic bag in the BakePacker and bake for 15-20 minutes. Let sit 5 minutes. To bake in a dutch oven: double the recipe ingredients. Put batter into a lightly oiled dutch oven and bake 25 to 35 minutes with about 20 pieces of charcoal on the top and 10-15 on the bottom. Check after 15-20 minutes.

*** Pancakes ***

2 cups pioneer baking mix ½ cup Sanalac dry milk
3 tsp. Egg Replacer vegalene or margarine ½ - 1/3 cups water

At home put dry ingredients in a ziplock bag, seal, write amount of water to add on the outside of the bag. In camp, add most of the water and mix to form a smooth batter. Add more water if needed. Cook over moderate heat in a lightly greased skillet until bubbles form and burst. Turn and cook the other side until brown. **Do not press down on pancake while it is cooking.

*** Swedish Pancakes ***

1 (2 serving) pkg Backpackers Pantry freeze dried applesauce
1 pkg instant potato pancakes 1/3 cup freeze-dried sour cream
2 oz margarine 4 oz. strawberry jam 3 tsp. Egg Replacer

At home combine applesauce, potato pancake mix, and Egg Replacer in a ziploc bag. Put sour cream powder in a small ziploc and then into the mix bag. Use margarine and jam from the crew stores. At camp, add enough cool water (approx. 3 – 3 1/2 cups) to make a relatively smooth but thick batter. Heat margarine in skillet and drop batter by the spoonful and cook until brown. While pancakes are browning mix enough cool water with the sour cream powder to make a very thick cream. Serve these pancakes with jam, sour cream and a couple of slices of smoked pork tenderloin or Canadian bacon.

*** French Toast ***

1 loaf French bread 1 pkg. Egg Nog Mix
¾ cup Sanalac instant dry milk cinnamon to taste
margarine or bacon grease for frying

At home put dry ingredients in a ziploc bag, mix well. At camp add enough cool water to the bag to make a thin batter. Slice the bread into ½ to ¾ inch slices. Heat some margarine or fry bacon, then soak up fat with paper towel. Use towel to lightly grease the pan for each batch or slices. Dip the bread into the batter (do not soak it) and fry in the pan. Serve with syrup or stewed fruit.

*** Maple Syrup ***

½ cup maple sugar ¼ tsp. corn starch ½ cup water

At home put maple sugar and cornstarch in a ziploc bag. T camp combine sugar mixture and ½ cup cold water in a pan and heat to boiling, reduce to a simmer and cook until slightly thickened and clear.

*** Apple Syrup ***

2 pkgs Instant Apple Cider ½ cup sugar ½ cup cornstarch
1 cup water dash of cinnamon and allspice

Combine all dry ingredients in a ziploc bag. At camp combine dry ingredients with the water in a pan and bring to a boil. Reduce to a simmer and cook until slightly thickened.

*** Scrambled Eggs ***

Freeze dried eggs or 1 ½ -2 eggs per person
Margarine salt and pepper to taste

For freeze-dried eggs , remember to allow sufficient time to rehydrate the eggs and use cool water. Fresh eggs are transported in several ways: break eggs in a baby bottle (Gerry tube or nalgene bottle), or pack in egg carrying case (get at camping stores). To cook, melt margarine in nonstick pan; when margarine sizzles, add beaten eggs. Slowly stir the eggs while occasionally lifting away from the fire. This method helps regulate the heat so the eggs do not stick.

*** Cheese/Mushroom Omelette ***

6 eggs 2 Tbsp. water ½ cup diced cheese
2 Tbsp. butter 1 cup sliced mushrooms 1 tsp. dried onion
dried bell pepper (optional) salt and pepper to taste

Put a cooking bag (Glad storage bag) in an empty pot, turning the top of the bag over the edge. Put eggs and water in the bag and beat well. Add the rest of the ingredients and stir to mix. Put the bag in a BakePacker/pot oven and cook 12-14 minutes.

*** Hash Browns O'Brien ***

1 ½ cups dehydrated potatoes
2 tsp. instant onion
1 ½ tsp. bacon bits
¼ to ½ tsp. garlic powder
2 tsp. dried bell pepper flakes
3 Tbsp. oil

Place all ingredients except oil in a plastic ziploc bag. Add enough water to fully cover. Let sit 20 minutes or overnight. Cook in frying pan with oil until brown. Alternately: all ingredients may be put in frying pan along with the oil and water and cooked over high heat until done. 4-6 eggs may be added to the skillet for breakfast entrée.

*** Stewed Fruit ***

1 pkg. dried fruit – apples, apricots, blueberries, cherries, cranberries, peaches, pears, raisins currants or a mixture
½ cup sugar, brown sugar, honey or sugar substitute
¼ to ½ tsp. cinnamon and/or nutmeg and/or allspice
¼ to ½ cup chopped walnuts, almonds or pecans (optional)

Put first three ingredients in a pot with water to cover by ½ inch. Cover, bring to boil and cook until tender. Top with chopped nuts. This is great by itself or over pancakes or biscuits. Juice may be thickened by adding 1 tsp. cornstarch to a ¼ cup of the water, dissolving and then adding to the boiling liquid.

Snacks

*** Hudson Bay Bread ***

This recipe comes from Northern Tier Canoe Base. The recipe should be cur in half for home preparation. It is good for a snack or lunch, you can add margarine, peanut butter or jelly. Very high in carbohydrates. Energy food.

1 ½ lbs. margarine or butter
2/3 cup Karo syrup
2 tsp. maple flavoring
19 cups Quick Oats
4 cups sugar
2/3 cup honey
1 ½ cups ground nuts
(walnuts, pecans, almonds, or sesame seeds)

Cream margarine, honey, syrup, maple flavoring. Add nuts and oats mixing well. Spread in a large sheet pan. Press mixture down firmly into the pan. Bake at 325 degrees for 15-20 minutes. As soon as the bread has been taken from the oven, use a spatula to press it down again firmly. This keeps the bread from crumbling. While still warm cut into 2" squares. This bread will keep well when wrapped and is used as a trail meal. It can be served with peanut butter or jelly. It freezes well. Molasses or Sorghum syrup may substitute for the honey.

*** Beef Jerky ***

Cut boneless round steak or flank steak into strips approximately ¼" thick, cutting with the grain of the meat. Remove all fat. Lay strips in a shallow pan. Liberally apply salt and pepper to both sides of meat.

Mix 1 Tbsp. liquid smoke, 1 Tbsp. Worcestershire Sauce, 2 Tbsp. Heinz BBQ Sauce and 1 oz. water. Pour mixture carefully over meat so that it is evenly covered. Allow to sit in refrigerator for 4 hours. Dry each piece of meat on a papertowel and place on trays in dehydrator. Dry for 6 to 8 hours or until dry but not brittle. To dry in oven: Turn oven to lowest setting (120 to 140 degrees). Place a toothpick through the end of each strip of meat and hang between the rods of the oven shelf. Prop oven door slightly open with a towel to allow moisture to escape. Place pan under meat to catch drips. Drying process should take about 12 hours or until shriveled and tough.

Fruit Pemmican

1 cup dried apricots
1 cup dried apples
1-cup coconut shredded
½ cup margarine
½ cup honey
1 cup raisins
1-cup walnuts
½ cup dates, pitted
1 cup peanuts
powdered sugar or toasted sesame seeds

Put all fruit and nuts in a large bowl and mix well. Put through meat grinder once. Mix in the margarine and honey and grind once more. Form mixture into a long 1" log by rolling out on waxed paper. Cut into 2" lengths and roll these pieces in powdered sugar or toasted sesame seeds. Store in sealed plastic bags in refrigerator or freezer. Note: This mixture may be pressed and packed down solidly into a shallow, buttered pan, then cut into bars 2"x1".

*** GORP ***

Combine any or all of the following ingredients in the proportions that meet your taste needs. Check with the rest of the crew before you start. Generally figure on a cup a day for each person.

Granola type cereal: Heartland, Muesli, Familia, Crackling Oat Bran – all are good.
Dried Fruit: currants, raisins (regular and golden), cherries, cranberries. Chopped or whole apple sliced, apricots, peaches, pears, pineapple, papaya, dates, prunes and figs. Coconut, shredded and toasted and banana chips.

Nuts and Seeds: peanuts, pecans, walnuts, cashews, mixed salted nuts, sunflower sees kernels, pumpkin seeds, almonds. Generally the nuts and seeds should be hulled and roasted before going into a GORP mixture.

Candy: M&Ms, chocolate bits, butterscotch bits, small hard candy.

Other: sesame twigs, toasted wheat germ, yoghurt covered raisins or peanuts, toasted corn nuts, small jerky pieces, pretzels.

The Campfire Gourmet's favorite GORP mixture includes:

1 lb Heartland cereal
½ lb each raisins and golden raisins
16 oz roasted Virginia peanuts
¼ lb sunflower seed kernels
16 oz+ mixed dried fruit chopped fine (apples, apricots, & dates)
1 box sesame twigs
1/3 lb banana chips
2 oz dried flaked coconut

*** Fruit Leather ***

Fruit leathers may be made from any fruit or combination of fruits. They may be sweetened with honey, corn syrup, coconut or fruit concentrates. Flavors may be enhanced by the addition of grated citrus peel or juices, spices such as cinnamon, mint, cloves, ginger, nutmeg, even a very light dash of cayenne pepper, extracts of almond, vanilla, or mint.

- Use very ripe fruit. Remove any bruised spots. Wash but don't peel.
- Reduce fruit to smooth pulp in food processor or blender. Do not add any liquid unless needed. Some fruits may need cooking in apple, cranberry or rhubarb juice.
- Puree should be thick like applesauce.
- Pour puree no thicker than ¼" onto plastic wrap and dry at a temperature of 135 degrees F, until you can peel off cleanly. Takes usually from 6 to 14 hours. Do not over dry, the leather should be chewy not stiff. (You can also use a dehydrator).
- Store in plastic wrap, being sure to label contents.

Combine apples, raisins, cinnamon, and half the sugar in a medium cooking pot, add 3 cups water, bring to a boil and cook for 5-7 minutes. Combine rest of ingredients in a small plastic bag, add ½ cup water and knead to form a soft pliable dough. Cut corner of bag and squeeze over the top of the fruit and liquid. Cover and cook over moderately high heat for 5-7 minutes more. Remove from heat and serve. Any dried fruit may be substituted for the apples, the campfire gourmet uses cranberries, cherries & walnuts.

Other Tasty combinations for fruit leather include:

Pear/ apple/ mint extract	banana/ pineapple/ sesame seed
Apricot/ pineapple	pear/ chopped almonds/ nutmeg
Strawberry/ apple/ grapes	cherry/ coconut
Apricots/ chopped almond	plum/ apple/ cinnamon
Pear/ raisins/ ginger	peach/ walnuts/ ginger
Cranberry/ unpeeled orange/ chopped dates	
½ cup sugar (or equivalent sweetener)	

Lunch & Soups

*** Vigorous Veggie Soup ***

½ cup each dried potatoes & carrots	¼ cup each dried celery and onions
	or
1cup dried mixed soup vegetables	bouillon cubes, chicken, beef or veg.
herbs to taste – (basil, garlic, tarragon or curry)	red or black pepper

Add ingredients to 5 cups water and cook for 15 min. at high heat. Add ¼ cut margarine and ½ cup dried milk may be used to enrich soup.

*** Tom's and Mike's Corn Chowder ***

4 envelopes Lipton's Cup of soup – cream of potato	
2 person pkg. freeze dried corn	1-2 tsp. dried onion flakes
¼ tsp. powdered jalapeno pepper	¼ tsp. salt
½ cup Sanalac instant dry milk	¼ tsp. white pepper

Bring 5 cups water to a boil, add corn and cook for 3 min. Stir in remaining ingredients and cook over medium heat 3-4 minutes.

*** Trail Lunch ***

For each crew member:

1 pkg. Lipton Cup of Soup	1-2 meat stick, jerky, cheese or spreadables
1 pkg. Melba toast or crackers	1 brownie
1 piece carrot, celery or green pepper	1 apple or orange
1-2 servings lemonade powder	1 wet wipe

This is a very sufficient lunch that will sustain a heavy workload. One half can of deviled ham may be substituted for the meat snack.

*** Creamed Beef ***

1 jar Armour Dried Beef or	4 oz thinly sliced jerky
2 cups white sauce (see sauce section)	
¼ tsp. dried onion flakes	salt and pepper to taste

Put meat and onions in a skillet with ¼ cup water over medium high heat until water is absorbed. Stir in white sauce and salt and pepper. Serve over eggs or biscuits or bannock.

*** Minestrone ***

2 person serving freeze dried beef	1 Tbsp. dried onion
1/8 tsp. garlic powder	1 Tbsp. dried celery flakes
vermicelli	
2 person serving of each of the following:	
freeze dried peas, carrots, green beans	
2 sun dried tomato halves, chopped	dash of cayenne pepper
¼ cup grated Parmesan cheese	salt and pepper to taste

At home: put Parmesan in a small ziploc bag and repackage all of the other ingredients in a large ziploc bag, discarding all commercial packaging.

At camp: bring 6 cups water to a boil and add the contents of the vegetable package. Cook until pasta is tender. Sprinkle Parmesan on individual servings.

*** Pea Soup with Dumplings ***

Soup:

4 pkg. Liptons Instant Cup of Pea Soup
chicken bouillon cubes
1 Tbsp. Baco Bits
1 Tbsp. margarine
1/8 tsp. garlic powder

1 Tbsp. dried onion
1/3 cup Sanalac dry Milk
¼ tsp. white pepper
salt and pepper to taste

Dumplings:

1 ½ cups Pioneer Baking Mix
¼ tsp. Cayenne pepper

¼ cup dehydrated cheese powder
1/3 cup Sanalac Instant Dry Milk

At home: Package the listed ingredients in 2 ziploc bags except the margarine, and label accordingly. At camp: bring 6 cups water to a boil with the soup ingredients, add margarine and stir, continue to heat. While water is coming to a boil, add enough water to the dumpling bag to make a medium soft dough. Drop the dough into the simmering soup, cover and cook for 7-10 minutes.

*** Dinners**

Fettuccine Alfredo with Ham *

Lipton Noodle Dinners – Alfredo
1/3 cup Sanalac instant dry milk
1-2 Tbsp. non dairy coffee creamer
2-3 Tbsp. grated Parmesan cheese (in small ziploc bag)

1-2 tsp. Molly McButter
2 5 ½ oz cans Hormel Chunk
Ham

At home, repackage noodle dinners into a large ziploc bag along with the rest of the dry ingredients and the can of ham. At camp: bring 4 cups water to a boil, add the contents of the bag and the ham. Cook until the noodles are done. Serve with grated Parmesan cheese.

Chicken Curry and Noodles *

3 pkg. chicken Top Ramen Soup
1 can Swansons Mixin' chicken
2 pkg. Cream of Chicken Cup o' Soup
½ cup Sanalac instant dry milk

½ cup sour cream powder
½ tsp. lemon juice
1 Tbsp. curry powder
1 Tbsp. dried onions

Crush noodles and add to water as directed on package along with onions, and the flavor packet. Mix soup mixes, milk, curry powder, and sour cream mix and add to soup along with the lemon juice. Cook stirring to blend and serve when thickened. The sour cream and lemon juice are optional, but make this dish taste good.

*** Curried Chicken and Rice ***

3 cups Minute rice
1-3 tsp. curry powder
1 Tbsp. dried onion
1 can Swanson's Mixin' chicken

1 pkg. Pioneer Chicken Gravy
1/3 cup dried soup veggies
dash of cayenne pepper
2 serving pkg. of freeze dried peas

At home: put all ingredients in large ziploc bag, discard original packaging, except for the can. At camp: put all ingredients in a 2 qt. Pot and add 4 cups water, bring to a simmer and cook 5 minutes or until the rice is tender.

*** Cajun Shrimp and Rice ***

1 pkg. Delaune's Etouffée Mix
2 fish flavor bouillon cubes
cayenne to taste

3 cups Minute rice
1 can Polar Bear shrimp
3 Tbsp. tomato paste in tube

At home: combine etouffée mix and instant rice in a large ziploc bag. Add the unopened can of shrimp and extra cayenne if desired. At camp: Bring 4 cups water to boil along with the tomato paste, bouillon cubes, and the etouffée/rice mix. Cook 7 minutes at a simmer, open and add the shrimp and their liquid. Cook 3-5 minutes more until thickened. Adjust with cayenne.

Campleader's Bouillabaisse *

1 pkg. Knorr Bouillabaisse
1 can Polar Bear shrimp
3 cups Minute rice

1/3 cup dried soup veggies
1 can Gordon's chopped clams
3 Tbsp. margarine

In a 2 quart pot bring 3 ½ cups water to a boil, add all ingredients and bring to a simmer for 5 minutes.

*** Tom's Mistake ***

1 pkg. Knorr Tomato Basil Soup
1/3 cup dried soup vegetables
3 cups Minute Brand Instant Rice
1 can Polar Bear shrimp

1/8 tsp. cayenne pepper
¼ tsp. white pepper
¼ tsp. black pepper
4 cups water

Put all ingredients in a pan and bring to a boil. Cook for 5 minutes.

*** Black Bean Enchiladas ***

1 ½ cups instant black beans
6-8 corn or flour tortillas
1 recipe Backpackers Mexican Salsa

½ cup sour cream powder
1 Tbsp. dried green onion

Add boiling water to instant beans and allow to reconstitute. Fill tortillas with bean mixture and top with salsa and sour cream. A small can of chopped black olives can make this even better.

*** Backpacker's Mexican Salsa ***

1 pkg. Knorr Instant Tomato Soup
dash of powdered jalapeno pepper
1-1 ½ tsp. vinegar
1 Tbsp. dried onion

1 Tbsp. dried bell pepper
dash cayenne or tabasco
2 whole dried tomatoes chopped
¼ tsp. Worcestershire powder

Add all ingredients to a cup of boiling water in a heavy duty plastic bag. Seal and allow to rehydrate overnight or for at least 20 min. Adjust consistency by adding water. The dried vegetables should not be chopped in a blender as this will be too fine. This sauce is good on enchiladas or any egg dish.

*** Linguini and Clam Sauce ***

1 Tbsp. dried onions
¼ cup dehydrated mushrooms
3 Tbsp. Pioneer Baking Mix
1/3 cup Parmesan cheese
½ tsp. black pepper
½ tsp. dry mustard
4-8 oz spaghetti or linguini

2 Tbsp. margarine or olive oil
½ cup Sanalac instant dry milk
1 pkg. Knorr Hollandaise Sauce
1 tsp. Basil
2 Tbsp. lemon juice
1 can clams

Rehydrate mushrooms and onions. Drain clams reserving juice. Heat oil, sauté onions, mushrooms, and clams for 3 minutes. Add Baking Mix, stirring. Add enough water to the clam juice to make 2 ½ cups liquid and add this to the dry ingredients. When blended well add to the pot and stir well to mix and prevent sticking. Cook noodles in a separate pot and serve sauce over pasta.

*** Pasta Amatriciana ***

1 pkg. Knorr Tomato Basil Soup
¼ cup Sanalac instant dry milk
¼ tsp. crushed red pepper
2 Tbsp. Bacos

1 Tbsp. dried onion
1 Tbsp. non dairy creamer
¼ tsp. garlic salt
8 oz vermicelli

Add all ingredients to the saucepan except the pasta. Add 3-4 cups of water, stirring to mix. Heat to boiling, add pasta, and cook until done (about 3 minutes).

*** Bolognese Sauce for Tortellini ***

1 pkg. Knorr Bolognese Sauce
1 ½ cups water

½ cup Sanalac instant dry milk

Bring water to boil, add ingredients, stir and simmer until smooth.

*** Tortellini ***

1 pkg. Tortellini with cheese
1/3 cup Parmesan cheese

1 pkg. Pioneer Country Gravy

Cook tortellini in boiling water until tender. Drain reserving 2 cups of the hot water and use to make gravy, add the cheese to make a smooth sauce. Serve tortellini covered with the cheese sauce.

*** Chicken & Green Bean Casserole ***

3 pkg. Liptons Instant Cup o' Soup – Cream of Mushroom
2 cans Swanson Mixin' Chicken
3 oz Linguini or vermicelli
½ tsp. dehydrated onions

2 Tbsp. dehydrated mushrooms
beans
1 Tbsp. Margarine

Bring 5 cups of water to a boil, add noodles, mushrooms, onion, and soup mix. Cook 2 minutes. Add beans, chicken and margarine and cook for 3 minutes, covered. Remove from heat and let sit for 5 minutes.

*** Tuna Casserole ***

3 pkg. Lipton Cup o' Soup – Cream of Mushroom
1 can tuna in water
1 2-serving freeze-dried peas
1 cup cracker crumbs or 4 oz vermicelli

1/3 cup Sanalac Dry Milk
1 Tbsp. margarine
salt and pepper to taste

At home: put all ingredients in Ziploc bag. At camp: add contents of bag to 4 cups boiling water and let sit for 5 minutes. If noodles are used cook in boiling water for 3 minutes, then add rest of ingredients.

*** Instant Baked Potato ***

2 cups instant potato flakes
1-2 Tbsp. freeze dried chives
1/3-1/2 cup Bacos
1 pkg Butter Buds
½ pkg. cheese sauce mix pepper to taste

½ cup Sanalac dry milk
½ tsp. salt
1 Tbsp. coffee creamer
¼ cup sour cream mix

Combine all ingredients in a freezer ziploc bag. Bring 3 ½ cups water to boil and then add to dry ingredients and mix thoroughly. Let sit 2-3 minutes to develop flavor.

*** Meatballs and Gravy ***

2 pkg. freeze dried meatballs
1 pkg. Lipton Onion Soup

1 pkg. Pioneer Brown gravy
¼ tsp. Worcestershire powder

Reconstitute meatballs. Combine soup and gravy mixes in a pan along with the requisite water. Add meatballs and heat through. **Potato dumplings are great when cooked in this sauce.

*** Trail Puppies ***

1 Jiffy Cornbread mix
vegalene or oil as needed

1/3 cup boiling water

Mix cornbread mix with the boiling water in a ziploc bag. Knead until a smooth dough is formed. Cut a small corner off the bottom of the bag and squeeze small puppies into a hot skillet of oil. Fry until golden.- 15 -

Desserts

* Back Packer Apple Cobbler *

6 oz dried apples	1 ½ cups Pioneer biscuit mix
1/3 cup Sanalac instant dry milk	½ cup raising
½ tsp. cinnamon	¼ tsp. Nutmeg

* Orange Mocha Cake *

½ pkg. Tang (sugar free)	1 Tbsp. margarine
1 cup Pioneer baking mix	1 ½ tsp. Egg Replacer
1/3 cup Sanalac instant dry milk	1 cup water

Mix and bake as with bannock.
Prepare icing below:

6 oz chocolate bar	3 Tbsp. instant coffee	¼ cup margarine
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Melt slowly, stirring well. Pour over the top of the cake.

* Trail Pie *

1 box Jello Instant Pudding	2/3 cup Sanalac instant milk	
6 oz. cookies, crushed	1 1/2 cups cold water* *	

Assemble pudding mix and milk powder in a ziploc bag. Put the cookies in a separate bag. In camp, add water to pudding mixture and massage to mix. Put cookie crumbs in skillet and top with pudding. If this is made prior to the main course it will set and cool.

Quick Rice Dessert

1 ½ cups instant rice	2/3 cups Sanalac Instant Dry Milk
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Your choice of:

Raisins, dried banana chips, fruit leather, dried fruit, use amount that seems appropriate to your supplies and taste.

Add, to your liking:

Cinnamon, nutmeg, chopped nuts, berries, jam, maple or brown sugar

Bring 2 cups of water to boil, add rice and your choice of flavorings. Cook for 5 to 7 minutes, being sure to stir frequently.

* Old Fashioned Bread Pudding *

¾ cups water	¼ tsp. cinnamon or to taste
3 Tbsp. Sanalac instant dry milk	¼ tsp. vanilla or to taste
1/3 cup sugar	¼ cup raisins
½ tsp. salt	¼ cup nuts
2 eggs or dry equivalent	2 cups cubed dry bread
1 Tbsp. margarine	nutmeg to taste

Mix all ingredients except bread, nuts and raisins in a cooking bag. Add bread, raisins and nuts. Place bag in BakePacker and bake for 15 minutes. Let rest for 5 minutes.

* Strawberry Cheesecake *

1 pkg. Jello No Bake Real Cheesecake	¼ cup strawberry jam
½ cup Sanalac Instant Dry Milk	1 1/3 cup water

At home: Combine cheesecake mix and powdered milk in large ziploc bag. Leave crumb crust pkg. intact and place in the same bag. Put jam in a small bag or container (we carry a full Gerry tube of jam for use on bannock and other breads).
At camp: Remove crumb mixture before adding 1 1/3 cups cool water to the cheesecake mixture. Also add the jam and mix by kneading. Sprinkle 1/2 crumbs into a shallow pan, add cheesecake mixture and sprinkle top with remaining crumbs. Let sit for 10 to 15 minutes.

* Brigitte's Pineapple Upside-down Cobbler *

1-½ cups Pioneer baking mix	1 16 oz can pineapple chunks
1 egg or dry equivalent	1 Tbsp. butter
½ cup pineapple juice	2 Tbsp. brown sugar
2 Tbsp. sugar	coconut flakes

Put baking mix, sugar and cinnamon in a cooking bag. Add egg and pineapple juice and mix well by kneading. Put bag in BakePacker and arrange on grid. Put Pineapple chunks on batter, top with brown sugar and coconut flakes, dot with butter. Bake in BakePacker for 30 minutes. Let rest 5 minutes. Serve from bag.

Food Equivalents

Food	Amount	Equivalent
Apple	1 medium	1 cup sliced
Apples (dried)	1#	6-8 cups rehydrated
Apricots	1#	4 ½-5 c. rehydrated
Baking powder	1 tsp	¼ tsp. baking soda + ½ tsp. cream of tartar
barley	1 cup dry	3-4 cups cooked
beans (dry)	1 cup	2 ½ cups cooked
	1#	2 ½ cups dry
Bouillon	1 cube	1 Tbsp powdered gravy or Sauce mix for seasoning
Broth (chicken or beef)	1 cup	1 bouillon cube + 1 cup water
Butter	2 cups	1#
	1 stick	¼# or 8 Tbsp. or ½ cup
buttermilk	1 cup	1 c. sweet milk + 1 Tbsp. lemon juice or vinegar
cheese	¼#	1 cup shredded
chocolate (unsweetened)	1 oz	3 Tbsp cocoa + 1 Tbsp. oil
coffee (ground)	1#	40-50 6 oz servings
coffee (freeze dried)	4 oz	50-60 6 oz servings
corn meal	1 cup	4 cups, cooked
	1#	3 cups dry
corn starch	1 Tbsp.	2 Tbsp. flour for thickening
crackers, soda	23	1 cup crumbs
dried fruit	½ cup	1 medium fresh fruit
eggs (powdered)	1#	5 ¼ cups
	2 ½ Tbsp. + 2 Tbsp water	1 whole egg
Flour	1#	4 ½ cups
	1 Tbsp.	1 Tbsp. tapioca or ½ tsp. arrowroot for thickening
garlic powder	1/8 tsp.	1 clove fresh garlic
graham crackers	15	1 cup crumbs
honey	1#	1 1/3 cups
	1 cup	¾ c. sugar + ¼ c. liquid
lentils	1#	5 cups, cooked or 2 ½ c. dry
macaroni (dry)	3-4 cups	1#
	1 cup	2 ½ cups, cooked
margarine	1 cup	¼# or ½ cup or 8 Tbsp.
milk (evaporated)	1-cup	3 cups whipped
milk (fresh, whole)	1 cup	½ c. water + ½ c. evaporated or 1/3 c. dry milk + ¾ c. water +1 Tbsp. non dairy coffee cream

		creamer
milk (non fat dry)	1#	5 qt, reconstituted
	1/3 c. + ¾ c. water	1 c. skim milk
Molasses	1 cup	1 cup honey
Noodles (dry)	1#	6-8 cups, cooked
	1 cup	1 ¼ cups, cooked
oats (rolled)	2 cups	4 cups, cooked
	1#	5 1/3 cups, cooked
onion powder	1 tsp.	¼ fresh onion
onion, minced, dried	1 Tbsp.	¼ fresh onion
peaches (dried)	1#	4 -4 ½ cups, rehydrated
potatoes	1#	2 ½ cups, cooked
prunes (dried)	1#	3 - 3 ½ cups, rehydrated
rice (regular)	1 cup or ½ #	3 cups, cooked
rice (instant)	¾ c. + ¾ c. water	1 1/3 cups, cooked
spaghetti (pasta)	1#	5-6 cups, cooked
sugar, granulated	1#	2 ¼ cups
	1 cup	¾ c. honey
		1 1/3 cups brown sugar
		1 ½ cups powdered
sweet pepper flakes	1/3 cup	1 fresh bell pepper
water	1#	1 pt or 2 cups
	1 gallon	8.34 #

Weights & Volumes

Values in each row are equivalent

weight		volume						
g	lb	oz	ml	tsp	Tbsp	Cup	pt	qt
		.17	5	1				
		.33	10	2				
		.5	15	3	1			
28		1	30	6	2			
57		2	60		4	¼		
114	¼	4	120		8	½		
227	½	8	240			1	½	
454	1	16	480			2	1	½
908	2	32	960			4	2	1

Abbreviations

tsp. = teaspoon
 Tbsp = Tablespoon
 oz = ounce
 pt = pint
 qt = quart
 lb, = pound
 ml = milliliter
 l = liter
 g = gram

Can Sizes and Weights

Can Size	Weight	Volume	Cups
No. 1	10.5-11 oz	9.5 fl. oz	1 1/3
No. 1¼	14.5 oz	12.5 fl. oz	1½
No. 300	15½ oz	13.5 fl oz	1¾
No. 1½	16 oz	15.0 fl. oz	2
No. 303	16 oz	15 fl oz	2
No. 2	1 lb 4 oz	1 pt 2 fl. oz	2¼
No. 2½	1 lb 13 oz	1 pt 10 fl oz	3¼
No. 3	3 lb 2 oz	1 qt 14 fl oz	5¾
No. 5	3 lb 10 oz	1.5 qt 4 fl oz	6½
No. 10	6 lb 9 oz	3 qt	12 – 13

Camping Food Sources

The first source for foods appropriate for camping and backpacking should be your local grocer. Check the sauce, baking, imported foods sections as well as the areas where you would find canned meat products, snacks-crackers, cookies, portioned desserts, pasta, rice, soup mixes, specialty breads, dairy, and the health food and restricted diet sections. Most items need to be able to be prepared with 10 to 15 minutes cooking time at the most. Grocers with reasonably good sections and selections follow:

Fiesta	Gerlands	HEB
Randall's	Rice Epicurean	Kroeger

Any of oriental or other ethnic food markets can supply you with many tasty foods suitable for camping and backpacking. Health food stores can be a source of dried fruits, herbs, and vegetables, meatless entrees, grains, egg and dairy substitutes. The stores listed here I have found to carry items appropriate to our purpose.

A Moveable Feast	Ye Seekers	Whole Foods
2202 West Alabama	9336 Westview	2900 S. Sheperd
	4004 Bellaire	11145 Westheimer

Alpine Aire
 P.O. Box 1600.
 Nevada City, CA 95959
 916-272-1971

Campmor
 P.O. Box 997 – C
 Paramus, NJ 07653-0997
 1-800-526-4784

Arrowhead Mills
 P.O. Box 2059
 Hereford, TX 79045

Chef-to-go
 5511 Sixth Ave. South
 Seattle, WA 98108
 1-800-233-2074

Backpacker's Pantry
 Larry Pearce
 Redding CA 96003
 1-800-374-4445

Dri-Lite Foods, Inc
 540 Charles Drive
 Redding, CA 96003
 916-241-9280

Bernard Fine Foods, Inc
 P.O. Box 487
 San Jose CA 63102
 1-800-538-7941

Mountain House
 Oregon Freeze Dried Foods, Inc
 P.O. Box 1048
 Albany, OR 97321
 503-926-6001

Today Food Products
Portland, OR 97230

Milton G. Waldbaum Co.
Wakefield, Nebraska 68784

Uwajimaya, Inc.
6th South and South King
Seattle, WA 98104

Wilson & Co.
Oklahoma City, OK

Yurika Foods, Corp.
33067 Industrial Road
Livonia, MI 48150
313-425-6300

Survival Supply Co.
15010 Keswick Street
Van Nuys, CA 91405
818-902-0386

The Suther Company, Inc
Sycamore, IL 60178
1-800-328-3024

Timber Crest Farms
4791 Dry Creek Rd.
Heraldsburg, CA 95448

Trail Foods Co.
P.O. Box 9309
No. Hollywood, CA 73105
818-897-4370

Smokey Canyon.Van Rich
16850 Chicago Ave
Lansing, IL 60438
1-800-323-3222

Star Food Processing, Inc.
3444 East Commerce
San Antonio, TX 78220
512-233-4553

R.T. French Co
Potato Division
Idaho Falls, ID 83401

Red Wagon Store
Division of Boyd Coffee Co.
P.O. Box 20547
Portland, OR 97220
1-800-223-8211

Richmoor Corp.
P.O. Box 8092
Van Nuys, CA 91409
818-787-2510

Recreational Equipment Inc.
P.O. Box 88125
Seattle, WA 98138-0125
1-800-426-4840

Philmont Scout Ranch
Cimmaron, NM 87714
505-376-2281

Eastern Mountain Sports
One Voss Farm Rd.
Peterborough, NH 03458
603-924-7231

Stow-A-Way Industries
P.O. Box 957
E.Greenwich, RI 02818

The Pavo Company
3010 Niagra Lane
Minneapolis, MN 55441

Thomas Lipton, Inc.
Englewood Cliffs, NJ 07632

Morinaga Nutritional Foods
5800 So. Eastern Ave. #270
Los Angeles, CA 90040

Outdoor Kitchen
P.O. Box 1600
Nevada City, CA 95959
1-800-322-MEAL

Darigold, Inc
Seattle, WA 98119.

Wee pak
Ken's Mountaineering Div.
Sun Valley, Idaho
1-800-722-2710 Fax: 1-208-726-4925

Worthington Foods, Inc.
Worthington, Ohio 43085

Smokey Canyon/Van Rich Inc.
16850 Chicago Ave.
Lansing, IL 60438

Perma Pak Distributors
2457 So. Main St.
Salt Lake City, UT 84115
801-486-4159 or 4201

General Foods Corp
White Plains, NY 10625

Familiar Foods, Inc.
City of Industry, CA 91744

Resources for More Recipes and Ideas

- Camp Cooking, by Dr. Duane R. Lund, Nordell Graphic Communications.
- Camp Cooking for Small Groups, published by Boy Scouts of America.
- Camping Facts by Jim Willmore
- Camper's Guide to Outdoor Cooking, by John G. Ragsdale, Gulf Publishing Co.
- Cookbook of the New Zealand Scout Association
- Chuck Wagon Cookbook, by Beth McElfresh, published by Sage Books
- Dutch Oven Cooking, by John G. Ragsdale, published by Gulf Publishing Co.
- Gorp, Glop & Glue Stew, by Yvonne Prater and Ruth Dyar Mendenhall, published by The Mountaineers
- Kayak Cookery, by Linda Daniel, published by Globe Pequot
- Let's cook Dutch, by Robert L. Ririe, published by Horizon Publishers
- Moveable Feast, by Carolyn Gunn, published by Rodale Press
- N.O.L.S. Cookery, by Nancy Pallester, published by Teachers College Press, Kansas State Teachers College
- Roughing it Easy and Roughing It Easy 2 by Dian Thomas, published by Warner Books
- Roughing it Elegantly, by Patricia J. Bell, published by Cat's Paw Press
- Supermarket Backpacker, by Harriet Barker, published by Contemporary Books, Inc.
- The 2 Oz. Backpacker, by Robert S. Wood, published by Ten Speed Press
- The Basic Essentials of Cooking in The Outdoors, by Cliff Jacobson, published by ICS Books, Inc.
- The Backpacking Merit Badge Book, Boy Scouts of America
- The Boy Scout Handbook, Boy Scouts of America
- The Cooking Merit Badge Book, Boy Scouts of America
- The expedition Cookbook, by Carolyn Gunn, published by Chockstone Press
- The Hungry Hiker's Book of Good Cooking, by G. McHugh, published by Alfred A. Knopf
- The New Healthy Trail Food Book, by Dorcas S. Miller, published by The East Woods Press Books, Inc.
- The One Burner Gourmet, by Harriett Barker, published by Contemporary Books, Inc.
- Simple Foods For The Pack, by Claudia Axcell, Diana Cooke, Vikki Kinmont, published by Sierra Club Books
- The Original Road Kill Cookbook, by B.R. Peterson published by Ten Speed Press
- The Trekking Chef, by Claudine Martin, published by Lyons & Buford
- The Well-Fed Backpacker, by June Fleming, published by vintage Books
- The Wilderness Handbook, by Paul Metzold, published by W.W. Norton & Co.
- Wilderness Ranger Cookbook, by Valerie Brunell and Ralph Swain, published by Falcon Press
- World Championship Dutch Oven Cookbook, by the Kohler's and the Michaud's, published by Watkins Printing
- Recipes from the Campfire Gourmet, by Michael Engelhardt.

Websites

<http://www.backpacker.com>

<http://soar.Berkeley.EDU/recipes/>

<http://www.trailmonkey>

<http://www.richmoor.com>

<http://www.rei.com>

www.amazon.com (books)

links from yahoo:

GORP

Richmoor

Adventurous Traveler Bookstore

There is so much on the web, you'll just have to start exploring